



## Armadale Masters Swimming Club

### NEWSLETTER

### November 2019

#### CLUB CONTACTS

- President: Rowena Burch 0415 192 373 [AMSC.President@hotmail.com](mailto:AMSC.President@hotmail.com)
- Head Coach: Heather Croft 0406 528 303 [AMSC.HeadCoach@gmail.com](mailto:AMSC.HeadCoach@gmail.com)
- Secretary: Liz Dunn 0414939794 [AMSC.Secretary@hotmail.com](mailto:AMSC.Secretary@hotmail.com)
- Club Captain: Colin Gibson 0447143881 [AMSC.Captain@gmail.com](mailto:AMSC.Captain@gmail.com)

#### IMPORTANT INFORMATION! PLEASE READ.

- This Sunday 24<sup>th</sup> November is the club's first open water ocean training swim. We assemble at Coogee Jetty Café at 7.45 am. Some swim from the northern jetty (ie the shark net end) to half way and either swim back or walk back. Others swim to the southern jetty and either walk or swim back. Our safest of Safety Officers, Rose, will be there and so too will Cap'n Col.  
We then retire to the café for a hearty brekky.

- Good News! Your committee has overwhelmingly voted in favour of reducing the 2020 fees.  
\$130 for fully paid up members  
\$100 concessional  
Membership fees for 2020 are due in as from the 1<sup>st</sup> December 2019.

- You have received this Christmas Function/Presentation Dinner information from our Club Secretary, Liz. However, to remind you:



Armadale Masters Swim Club  
Presentation Dinner.

Venue: Rose Fenton's place (thank you Rose)  
19 Coleman Place, Cardup

Date: Saturday 7<sup>th</sup> December

Time: 6.30pm

Cost: \$15 per head (swimmers and partners)  
Please see Hans regarding payment or pay direct into  
the clubs account.

BSB: 086 116

Account: 323723684

Details: Buffet dinner including 2 meats, 3 side dishes,  
3 salads, gravy, rolls and sauces. Special dietary  
requirements will be catered for. Tea, coffee and soft  
drinks will be supplied.

BYO: Alcoholic drinks or any other special drinks.

Raffle and trophy presentations will take place during  
the evening.

Once again our Yvonne Lovegrove is organising the traditional Christmas Hampers. These well presented hampers are raffled at our Presentation Dinner.

Please respond to this plea: Yvonne is crying out loud for hamper donations. Please get your donations to Yvonne or any of the committee members ASAP

**XMAS RAFFLE FIRST PRIZE IS: (Drum roll)**

**\$250.00 Voucher for a night's stay at the 5 star Duxton Hotel.  
The voucher is valid for 12 months. (Thanks to Greg for  
organising)**

**The committee is adamant that a better photographer is  
required for our Presentation Dinner. Fettes need not apply.**

- A message from Armadale Pool:**

Pack your bathers, hat and sunscreen and get ready to make a splash before winding down under the stars to enjoy a Christmas movie or two. Enjoy an affordable afternoon out with plenty of fun and festive cheer for the whole family to enjoy, including photo opportunities with our resident mascot Arry.

Popcorn and an assortment of tasty treats will be available to purchase from Cafelife. **Support the Masters Swimming Club by purchasing a sausage sizzle** or pack a picnic to enjoy under our shady trees. Please note that glassware and alcohol is strictly prohibited and BBQ facilities will not be available at this event.

**Having read this far you are now aware that AMSC is  
conducting a sausage sizzle in support of the swimming  
pool Christmas Movie Night on Friday 13 Dec. Sausage  
selling profits go to our club. Greg –the –organiser is  
calling for sausage sizzle volunteers. Please give your  
names to Greg or committee member should you be  
willing and able to sizzle sausages for an hour or more.**



**FREE ENTRY FOR MEMBERS**  
**FRIDAY**  
**13 DECEMBER 2019**

## **CHRISTMAS MOVIE NIGHT**

**The Polar Express**

4.30 to 6.30pm

**Home Alone**

6.30 to 8.30pm

***\$2.50 entry from 3.30pm for non-members.***

- **On Saturday 21<sup>st</sup> December Greg – the-all-round-organiser is once more organising our traditional Fun Day swim. It is always great fun. Be there.**
- **There is no training on the following December days: Tuesday 24<sup>th</sup>, Thursday 26<sup>th</sup>, Saturday 28<sup>th</sup> ,and Tuesday 31<sup>st</sup>.**

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Captain's Report

November2019

Sun 27<sup>th</sup> October was the Fremantle Masters LiveLighter Distance event at Freo Leisure Centre with Chas and Julie swimming and Rowie, Gill and Heather Jeps officiating.

Sat 2<sup>nd</sup> November was the final round of Club Champs with a 100m choice and 10m choice. See Jeff's report for details -

<https://armadalemastersswimmingclub.files.wordpress.com/2019/11/report-round-10.pdf>

Fri 8<sup>th</sup> November was Swan Hills Swimming Club hosting their Eastern Hills Challenge #2 at Swan Active Midland. Clubs invited were Maida Vale, Swan Hills, Belmont and us. We had a team of 8 representing the club including Row and Gill who swam and officiated and Heather Jeps who officiated and we finished third.

Sun 10<sup>th</sup> November was the first of the WOW Masters Swimming Open Water Series with the 32<sup>nd</sup> Annual Lake Leschenaultia Open Water Swim run by Maida Vale Masters. Small number of swimmers, Alex and Rose swam the 3.2km, Gill and Greg swam the 1.6km and Mary swam one of the shorter distances.

### Upcoming Events

Sat 23<sup>rd</sup> November is the Swan Hills Masters LiveLighter 1500m swim meet. This is a short course choice of stroke event.

Sun 24<sup>th</sup> November is our first club Coogee Beach Training Swim at Coogee Beach, meet at 7.45am for 8.00am start.

Fri 29<sup>th</sup> November is Beatty Parks Masters LLCC 50's Long Course event, no, this does not mean you have to be 50 to do it!

Sat 14<sup>th</sup> December is WOW Swim #2, the Fremantle Ports Swim Thru at South Beach, Fremantle. Distances are 400m Try It, 1600m and 3.2km. Click on the link below to register.

<https://secure.onreg.com/onreg2/front/step1.php?id=4698>

- WOW Swims 2019-20 calendar available from the WOW Swims website - <https://www.wowswims.com.au/>
  - MSWA Pool events calendar available to download from MSWA website - <https://mswa.asn.au/swimming/pdp-downloadable-events-calendar-2019/>
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## **WOW SERIES ROUND 1: LAKE LESCHENAUTIA**

It's on again!!

The Masters swimming season ocean water series for 2019 kicked off on the 10 November, not in the ocean, but in the tranquil temperate waters of Lake Leschenaultia.

Numbers overall for the swim were down, which was a shame for the organisers as the day was picture perfect, with little wind, great water temperature and no fear of getting eaten. Armadalians reflected the poor attendance numbers with an unusually low turnout.

A small but highly motivated team of Mary, Gillian, Rose, Alex and Greg, yes Greg, that mystical figure that is whispered on pool decks and in change rooms.

He is ALIVE.

The Lake swim offers several swimming distances.

Mary rolled the arm over for a stunning 400 m sprint, Gilly and Greg did the 1600 and superstars Rose and Alex smashed the 3.2 km course.

Overall some very good results;

Mary the magnificent came in first for her age group

Alex, Gillian and Greg all came in second for their age groups.

Rose who is well on track to a record breaking solo Busselton jetty swim looking at around the 1hr 22 min for the big swim , hit the shore at a very respectable 5<sup>th</sup> in her age group.

It was great to see everyone again enjoying each other's company.

Keep the 14 Dec free for round 2 for the Fremantle Port swim through,

3 distances are on offer, a 250 m , 1600 m or 3200 m.

Hope to see many more for that one

Greg



**To those who had their birthdays last month and this month:**

**Greg Frey 20<sup>th</sup> October**

**Vanessa (when will we see you again?) Toop 28<sup>th</sup> October**

**And, the busiest of days:**

**Jeff Sanders 29<sup>th</sup> October**

**Bill Stevens 29<sup>th</sup> October**

**Tanya Andrews 29<sup>th</sup> October**

**One more!**

**Heather Adams 7<sup>th</sup> November**